I am winning the battle against junk food.

I avoid processed and unhealthy foods because I care about my health. I plan ahead so my day is filled with healthy options instead of fast food.

I focus on vegetables, fruits, whole grains, and other healthy options. I select well-balanced meals with a healthy mix of proteins, carbohydrates, and fats.

I use variety to keep me coming back for more of the healthy stuff. I add new flavors, herbs, and spices to my foods to make them more interesting. They taste better than junk food and help keep me healthy.

When I cook, I make more than I need and freeze the rest. As a result, I always have healthy, home-cooked meals that I can just heat and eat, eliminating the need for fast food on days when I am too busy to cook.

I avoid temptation by keeping junk food out of my house altogether.

I remember that fruit is nature's candy. I stock up on fruits and veggies. I cut them up into handy bite-size pieces so there are always some available to grab for a quick snack. I mix them into tasty combinations, adding nuts, raisins, granola, or other healthy toppings.

Today, my old cravings for junk food are disappearing. I have discovered a whole new world of foods that are tasty and healthy, and I like it that way.

Self-Reflection Questions:

1. How can I get my family to stop eating junk food?
2. How can I make healthier food choices at the grocery store?
3. What should I choose as healthy substitutes for my typical junk food?